

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

March - April 2013

An Exit International publication • [www.exitinternational.net](http://www.exitinternational.net)

## DISPENSE OR DISPOSE?

### MAX DOG NITROGEN SPONSORS AUSTRALIA'S FIRST NITRO NITE

*In recent months have come the first accounts of Exit Members 'self-delivering' using Max Dog Nitrogen. Reports confirm the passings have been peaceful and reliable.*

At the same time, Dr Philip Nitschke has been actively promoting the use of Nitrogen within the Australian & New Zealand craft beer communities.

To this end, Max Dog Brewing is co-sponsoring Australia's first 'Nitro Night' in Adelaide where beer lovers can decide for themselves if there is a 'nitro' advantage. Everyone is invited

to The Wheatsheaf Hotel, 39 George St Thebarton @ 6pm Wednesday March 20<sup>th</sup>.

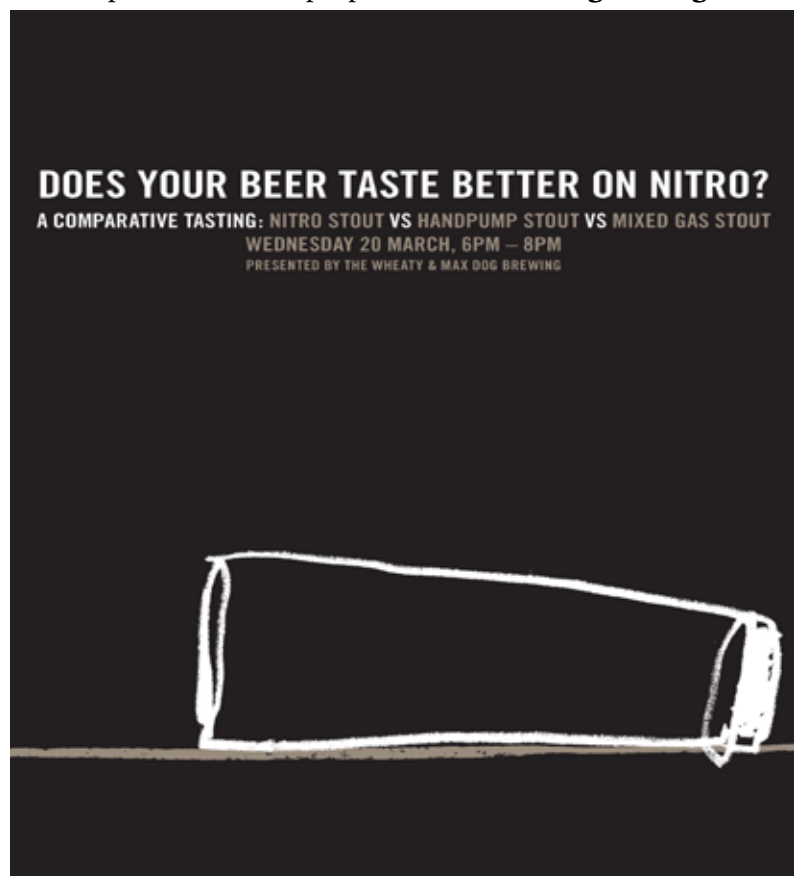
Meanwhile, at the instigation of the Euthanasia Prevention Coalition's Paul Russell, the Australian Health Practitioners' Regulation Agency (Medical Board) continues its investigation of Dr Nitschke into whether Philip is a fit & proper

person to hold medical registration. This raises the question of who can be a beer brewer whilst maintaining a respectable reputation in the community?

MDB Delivery Dates Shipment 3: March (sold out). Shipment 4: Due June 2013. To request an order form, call the Exit office or email MDB at: [sales@maxdogbrewing.com](mailto:sales@maxdogbrewing.com)

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## TASMANIA: THE STATE MOST LIKELY

In early February, the Tasmanian Premier Lara Giddings and the Leader of the Greens Nick McKim announced their long-awaited Private Member's Bill. If successful the Bill would see voluntary euthanasia become law in Tasmania.

VE has long been on the cards in Tasmania. Unlike the Northern Territory which is a territory, not a state and is thus subject to the loophole of Section 122 of the Australian Constitution (which allows the Commonwealth to make laws for the Territories), Tasmania enjoys the sovereignty afforded to all Australian States which allows it to make its own laws. Unlike other States, however, Tasmania has the benefit of having a leader who personally supports Voluntary Euthanasia.

Not since Marshall Perron has there been a political leader in Australia who has put their personal imprimatur on the VE issue. While other States have attempted to pass legislation (SA has tried six times - most recently with the Private Members' bills of Labor backbench MP Steph Key and Independent MP Bob Such), only Tasmania has had the parliamentary leader actually lead on the issue.

This is what makes Tasmania the 'State most likely'. This is what makes the current consultation process so important. A copy of the consultation paper can be found at: <http://bit.ly/XOtddv>

Interestingly, Premier Giddings foreshadowed the limits of her bill on February 3<sup>rd</sup> in the *Launceston Examiner* newspaper. She said 'It probably doesn't go far enough for him [Dr Nitschke], but I think the model we have got here is the right model for Tasmania'.

Dr Nitschke rebutted with the acknowledgement that politicians have to start somewhere and that the Premier should be congratulated on following through on her commitment to introduce voluntary euthanasia in Tasmania. Dr Nitschke has since warned against thinking that even if the bill does pass in Tasmania that all problems are solved. 'There will always be people who do not fit within the narrow criteria of a law such as this. Self-help options will continue to sit comfortably alongside such legislative reforms.

### KEY POINTS OF THE TASSIE BILL -

The Voluntary Assisted Dying Bill contains the following key points:

- 1. Almost Dead?** Qualification is restricted to the 'terminally ill' - this means a person must be in the advanced stages of a terminal illness. As Dr Nitschke has said of other ridiculously high safeguards, 'a person must be "almost dead" to qualify'. Those with chronic, unbearable physical suffering (eg. from a condition such as emphysema) would not qualify.
- 2. Place of Residence?** Qualification is restricted to Tasmanians. To qualify to use any possible law, the person must have been residing in Tasmania for the previous 12 months or more.
- 3. Planning Ahead?** Advance Directives would not be able to contain any VE provision. This means that a person would not be able to direct that they be provided with an assisted death in the event they lose capacity through dementia or some other such condition. This is in stark contrast to NZ MP Maryan Street's End of Life Choice Bill which does contain this provision.
- 4. Assisted Suicide or Voluntary Euthanasia?** The Giddings-McKim bill allows for a patient to self-administer Nembutal or for a doctor to do it on their behalf via lethal injection (as was the case in the Northern Territory under the *ROTI Act*).

## NSW GREENS MP CATE FAEHRMANN - RIGHTS OF THE TERMINALLY ILL BILL

Exit Director Dr Philip Nitschke was pleased to take to the stage in support of the Rights of the Terminally Ill Bill of Greens MP Cate Faehrmann at the Ballina RSL on Wednesday February 13<sup>th</sup>. The meeting was well attended and heard a range of views regarding the need for sensible end-of-life-choices law reform.

Dr Nitschke used the opportunity to discuss the on-going need for DIY options. As with the proposed Tasmanian legislation, VE laws tend to include so many safeguards that most people will never qualify. This restricts a peaceful and dignified death only to the sickest in the community. He noted that rational, elderly adults increasingly want options that they themselves control. This is the choice that he said Exit provides.



*Dr Philip Nitschke with NSW Greens MP Cate Faehrmann & Professor Colleen Cartwright after the Ballina Meeting*

### VOLUNTARY ASSISTED DYING TASMANIA CONT

If you wish to participate in the consultation process, responses need to be received by close of business, Friday 15 March 2013.

#### Responses should be sent to:

GPO Box 123  
Hobart, TAS 7001

Email: [premier@dpac.tas.gov.au](mailto:premier@dpac.tas.gov.au)

Questions which have been highlighted as being of most interest in the consultation can be found in Appendix 5 of the paper and include:

*Should patients with non-terminal yet progressive illnesses be eligible for an assisted death?*

*Opinion polling consistently shows strong support for a doctor being able to provide a lethal dose of medication to a terminally ill patient. Do you think the patient's attending doctor should be able legally to administer the fatal dose?*

*Under our proposal, the treating doctors and the patient must together come to the conclusion that there is no*

*reasonable alternative to improve the patient's condition and to relieve the patient's suffering adequately and to the satisfaction of the patient. Should 'unbearable' or 'unrelievable' suffering be included as a separate eligibility criteria?*

*We are proposing that an independent oversight mechanism be established to monitor and report on the operation of voluntary assisted dying legislation. Do you think this body should take the form of an independent 'committee' (as occurs in Belgium and the Netherlands) or could this monitoring be undertaken by a government department (as occurs in Oregon and Washington)?*

**Editor's Note** - For reasons best known only to the authors of the Consultation Paper, the document makes no mention of the experience of the *Rights of the Terminally Ill Act* of the Northern Territory. It is as if prostate cancer sufferer Bob Dent never made history when he became the first person to receive a legal, lethal voluntary injection. Instead the Paper focuses exclusively upon subsequent overseas experiences.

Cultural cringe? Exit hopes not.

**'Those who cannot remember the past are condemned to repeat it ...'** - George Santayana

# EXIT IS MAKING ALL THE NEWS



## **Martin seeks Swiss death (12 Feb 2013)**

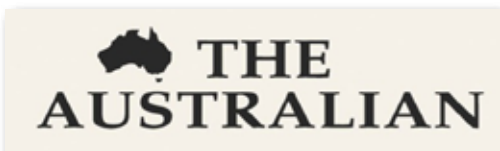
'A TERRITORIAN suffering incurable cancer is flying to Europe to die...' <http://bit.ly/WkVeOX>



## **Sick of all the pain - Jay books a one way ticket (8 Feb 2013)**

'JAY Franklin will book a one-way ticket to Switzerland next month to end his life, despite ...'

<http://bit.ly/YMFhPV>



## **Fight to the death (11 Feb 2013)**

With patients such as Martin Burgess wanting to die peacefully before terminal illness kills them, euthanasia is again a politically charged subject in several states ...

<http://bit.ly/YDsDhY>



## **Euthanasia advocate to visit coast (3 Feb 2013)**

AUSTRALIA'S most prominent euthanasia advocate will bring his message to the Gold Coast this month ...

<http://bit.ly/VRQz4G>



## **Pro-euthanasia doctor backs MP's bill to legalise choice (21 Feb 2013)**

Australian pro-euthanasia doctor Philip Nitschke is encouraging people to support a Labour MP's bill that would legalise choice ...

[http://www.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=10866667](http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10866667)

## *New Zealand Herald (21 Feb 2013)*

### **Dr Death unhappy with two-hour Customs search**

Dr Philip Nitschke was held at Auckland International Airport until 2am. Photo ...

[http://www.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=10866403](http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10866403)



## **Sufferer's sad goodbye (5 Feb 2013)**

For [Exit Member] Barbara Harrison, the hardest part about deciding to take her own life was not being able to say a proper goodbye, especially to her two sons ...

<http://yhoo.it/15qeV8r>

## **"35 LETTERS": UPDATE**

The Producers of the documentary film, *35 Letters* would like to sincerely thank all the Exit members who contributed towards their fundraising campaign for the production of the documentary.

The film tells the story of Angelique Flowers and her quest for a peaceful death. The young writer made headlines throughout Australia when she made a plea on YouTube for Nembutal - see: <http://bit.ly/Yeke7x>

'The support, kind words and donations, are very much appreciated,' said the documentary director Janine Hosking. 'Angelique's story struck a chord with many Exit members and we are very confident that we can now go into production due to the wonderful support we received. At one stage we thought we could never raise enough funds to complete the documentary, but the Exit community has come to our rescue. The film can now be made.'

The Producers will continue to update Exit with the film's progress. Those wishing to contribute towards the film can do so by contacting Janine Hosking - [janinehosking@bigpond.com](mailto:janinehosking@bigpond.com) - for more information.



### THE SELFISHNESS OF DYING?

When 73-year-old Exit Member Janet Razey took her own life last month, she could never have imagined the reaction of her family. Or maybe she did, given the known opposition of some family members, and that is why she told no one of her plans ahead of time.

Like many Exit Members, Janet was not sick, she was not depressed and she planned her death well. Janet died peacefully at her home. Max Dog Nitrogen was her method of choice. What Janet didn't plan, however, was how her body would be found. Janet died at the height of summer. Because her body was not discovered for several days, when she was found by her son, the experience was understandably traumatic. Coupled with the shock of losing a much-loved mother and grandmother, Janet's family are rightly distressed.

In a letter to Exit the family wrote: 'There is heartache, anger, guilt, grief and betrayal all at once.' They continue: 'Our 15 year old is very angry that someone whom he loved and was in good health would choose to take their own life, rather than fight to live as long as possible.'

Had Janet's body not been found in a state of decomposition by her next of kin, her family may have been more prepared to respect her wishes. The family have sent a message for Exit Members - 'We would like to plainly say to anyone considering such a planned ending of their own life, consider your loved ones. Don't go through with such a selfish act that leaves such shattered lives with unanswered questions and pain'.

While I am very sorry for the family's private loss of Janet, I think it unreasonable of the family to have expected Janet to live on for their sake. Clearly, Janet had well considered reasons for going when she did.

Janet's death raises two important issues. The first is communication. Talk about dying can be very difficult. This is especially the case if one's loved ones don't share Exit's philosophy of 'my life, my death, my choice'. But it is difficult at a more fundamental level because when one person chooses to go, there cannot help but be a sense of rejection for those of us who choose to stay behind. This was an issue I discussed in-depth in the *Mademoiselle and the Doctor* documentary.

The second issue raised by the experience of Janet and her family is the importance of incorporating a process of post-death notification into one's Exit Plan. How can you be found? Who will do the finding? What is an Exit Buddy? When should you be found and so on?

I am currently giving this issue considerable attention and I believe the answer is, in part, technological. News of developments in this area will be published in the next edition of *Deliverance*.

### CONCLUSION: CLEM JONES MISSING MILLIONS

With the departure of Mr Neil Francis from both DWD Victoria and as Chairman/ CEO of Your Last Rights, it now appears the pending defamation action against myself and Exit International has finally come to an end. The stress of the ongoing Medical Board inquiries has only been made worse by the internal bickering and division led by Mr Francis which emerged within what was previously, a relatively-coherent national right-to-die movement. I am currently awaiting a final response from the solicitors acting for YLR to confirm the action has been withdrawn, but both Dr Rodney Syme (Victoria) and Mr Richard Mills (NSW) have stated as much. This has been a sorry chapter in Australian VE history. Let us now move forward in the hope that no single person can wreak such havoc between friends again.

### EXIT LABORATORY VAN: UPDATE

The testing program at Exit is slowly being rolled out. The sensitive nature of the project means that communication between Members and Exit for this purpose must be via your local Chapter Coordinator. Coordinators are being briefed and will be in a position to outline what is required. Chapter Coordinators' contact details can be found on the Exit website.

### EXIT'S NEW PHONE SYSTEM

I am very pleased to say that Exit's new automated phone system is working well. While Members are encouraged to use email to contact Exit in the first instance, if this is not possible, do call us, leave a message and I will return your call.

*Philip Nitschke*

## EXIT WORKSHOPS 2013 UPDATE FROM IRELAND

### AUSTRALIA, NZ, EUROPE, NTH AMERICA

- Hobart** Saturday 23 March: 1 - 4pm  
*Glenorchy Library, 4 Terry St, Glenorchy*
- Perth** Saturday 4 May: 1 - 4.30pm  
*Wembley Community Centre, 40 Alexander St*
- London** Tuesday 25 June: 10.30am - 1.30pm  
*Dragon Hall, 17 Stukeley St, WC2 5LT*
- Dublin** Saturday 29 June: Venue TBC
- Amsterdam** July: Date & Venue TBC  
(this meeting will be held in English)
- Frankfurt** July: Date & Venue TBC  
(an interpreter will assist with this mtg)
- Sydney** Saturday 27 July: 1 - 4.30pm  
*Dougherty Community Centre,  
7 Victor St Chatswood*
- Brisbane** Saturday 31 August: 1 - 4.30pm  
*Kurilpa Hall, 174 Boundary St; West End*
- Melbourne** Saturday 21 September: 1pm - 4.30pm;  
*Murrumbeena Pavillion, 28 Gerald St*
- Adelaide, SA** Saturday 5 October: 1pm - 4.30pm;  
*Burnside Library, Portrush Rd, Burnside*
- San Diego CA** November; Date & Venue TBC
- New York, NY** November; Date & Venue TBC
- Toronto, ON** December; Date & Venue TBC
- San Francisco, CA** December; Date & Venue TBC

More details <http://www.exitinternational.net/page/Workshops>



*Exit's Gold Coast 15 February workshop attracted over 200 & saw many turned away at the door*



*Tom Curran's partner Marie Fleming outside court in Dublin on 27 February 2013*

In late February, Exit International's Europe Coordinator Tom Curran and his partner Marie Fleming headed back to court. Marie's case was heard on appeal by the full 7-judge bench of Ireland's Supreme Court in Dublin.

The hearing follows an unsuccessful case in the Irish High Court in early January. After a three-day hearing in which arguments were heard from the State and the Irish Human Rights Commission, the decision was reserved. Exit is proud of Tom and Marie for taking their case to court. And for speaking out on such a publicly sensitive issue as one's right to die. Ireland remains a deeply conservative country. Testimony to this is the trouble that Exit has had with the cancellation of workshop venues and protests.

### MARCH 2013 UPDATE - PEACEFUL PILL eHANDBOOK

- News from China - the best way to monitor the on-going changes in online Nembutal.
- The new Mexican package deal - a pleasant surprise is in store?
- Motor Neurone Disease (Lou Gehrig's) Special Update (WHOLLY NEW SECTION).

A Subscription to the online *Peaceful Pill eHandbook* costs US\$85 for 24 months & includes all updates & access on approval to Exit's Peaceful Pill Q&A forums.

[www.peacefulpill.com](http://www.peacefulpill.com)

## CENSORSHIP OF INFORMATION IN NEW ZEALAND

### NZ CUSTOMS: 2-HOUR DETENTION

In the early morning of Monday February 18<sup>th</sup>, Drs Philip Nitschke and Fiona Stewart once again found themselves detained by NZ Customs on entry into that country. The couple were travelling to NZ to hold workshops in Auckland and Wellington. The reason for the two-hour detention? The Customs Service had a reasonable suspicion that Dr Nitschke was importing 'objectionable material'.

Ever since the print *Peaceful Pill Handbook* was banned in New Zealand in late 2007 (although a heavily redacted version was later approved for publication), it seems NZ Customs have taken it upon themselves to harrass and detain Dr Nitschke each time he visits.

As the *New Zealand Herald* would report the following day "My wife is saying she's never coming back to New Zealand again' Dr Nitschke said. 'I don't like being singled out. It's almost as if the policy is to make your entry into the country as miserable as possible'."

The process of detention goes like this. Dr Nitschke is singled out of the queue and taken to the Customs secure inspection area. The Customs officers don latex gloves and begin to unpack his bags. The contents will be laid out across a series of stainless steel tables. He is not allowed access to his mobile phone. He is asked to sign a statement confirming that he is not importing prohibited items, including so-called 'objectionable material'.

On this occasion Drs Nitschke and Stewart's laptops were separated from the remainder of their luggage as was a camera, USB flash-drive, iPad and a Kindle e-reader.

Of these devices it was the flash-drive that was taken into a back room to be examined. After much tooting and froing in apparent search of an officer who knew how to operate a computer, the flash-drive was inspected. Interestingly, the flash-drive in question was a new one. It had been used a few days earlier when Dr Nitschke made his presentation at Greens MP Cate Faehrmann's public meeting at the Ballina RSL.

Far from containing instructional files on how to die, the PowerPoint presentation that raised concern for the officers was all about law reform. This irony was not lost on Philip and Fiona. No other digital devices were examined by Customs.



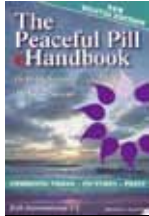
*Almost 100 people attended Exit's Auckland Workshop*

Dr Nitschke's objection to the routine searches by NZ Customs is not that they occur but the way they occur. His feeling is that the searches and his subsequent detention is being driven by political forces. The February 18<sup>th</sup> search was neither systematic nor was it conducted in a timely manner. Unlike the other occasions no computers were examined. Neither were the iPad or Kindle. The search was cursory at best but still managed to last from 11.55pm when they entered the Customs hall until after 2am.

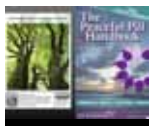
"This type of attempted censorship is ridiculous in the age of the Internet. Try as governments might, they are naive to think they can stop people from accessing the information they want. It is something from yesteryear for New Zealand to scour a person's luggage in search of ideas that may or may not be "objectionable" to others' said Dr Nitschke from Adelaide.

Once in the country, Exit held two well-attended workshops and successfully launched Max Dog Brewing Nitrogen. Philip also attend the Great Kiwi Beer Festival in Christchurch where the use of Nitrogen was a topic of discussion.

**PEACEFULPILLSTORE.COM** Phone: 1- 360-347-1810



**The Peaceful Pill Handbook** (2012 print ed)  
Within US: US\$33 (includes shipping)  
Rest of World : US\$48 (includes shipping)



**The Peaceful Pill eHandbook (online edition)**  
Price: US\$85 (incl 24 months of updates)  
**INSTANT ACCESS - Updated 6x year**



**I Bequeath the Python**  
(a fun look at funeral planning)  
Price: US\$10 (exc shipping)



**Killing Me Softly: VE & the Road to the Peaceful Pill** by Dr Philip Nitschke  
Within US: US\$33 (includes shipping)  
Rest of World : US\$48 (includes shipping)



## PEACEFULPILL.COM WEBSITE\*

**Exit Gas Flow Controls + Plumbers Tape + Plastic Tube- ship as one unit**

Price: Australia USS\$151.70  
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## Exit Drug Test Kit

Price: Australia US\$33 (incl gst \$3 & shipping)  
Rest of World: US\$35 (incl shipping)



## Max Dog Brewing

PO Box 400, Adelaide SA 5001  
Email: [sales@maxdogbrewing.com](mailto:sales@maxdogbrewing.com)  
Phone: 1300-10-3948

## Join Exit International

I wish to join/ rejoin/ donate to Exit International  
(12 Months: Aust - AUD\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)  
Life membership - \$1000

Please send me the paperwork to consider Exit International in my Will

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Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
Post/Zipcode \_\_\_\_\_ Country \_\_\_\_\_  
eMail @ \_\_\_\_\_  
Phone \_\_\_\_\_

I am paying \$ \_\_\_\_\_ for \_\_\_\_\_  
Payment Options: Visa /Mastercard \_\_\_\_\_  
Credit Card No \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Expiry Date \_\_\_\_\_ / \_\_\_\_\_



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